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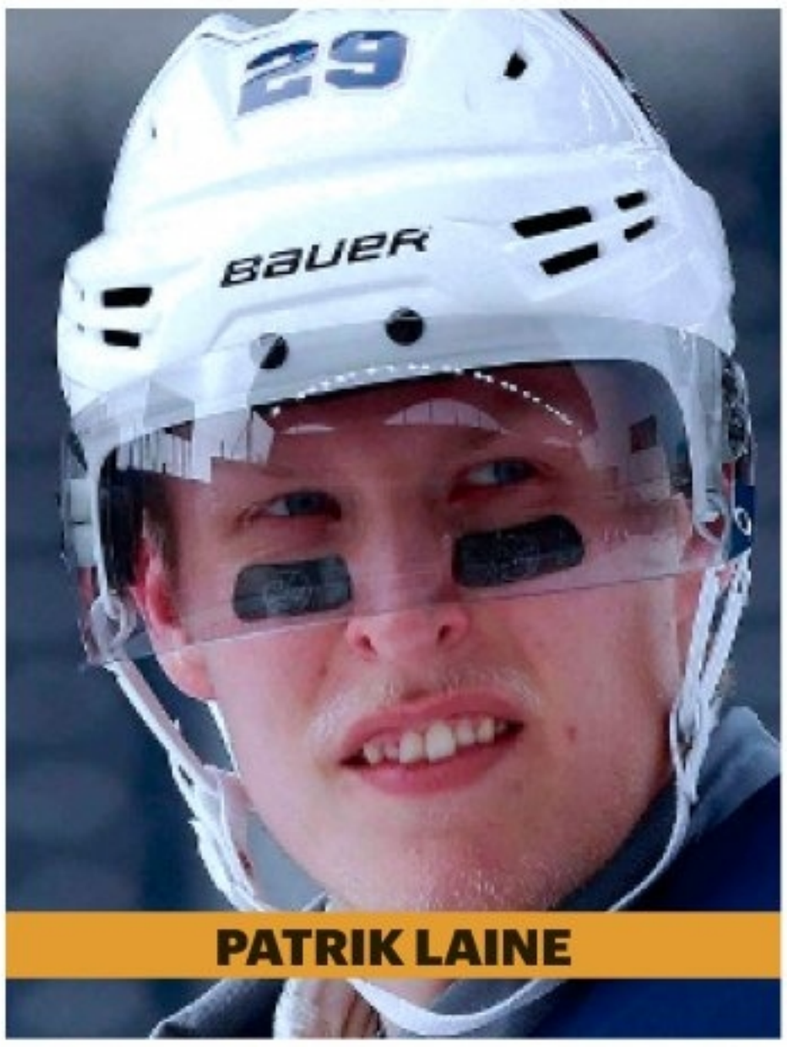
28 PATRICE CORMIER

Winnipeg metro

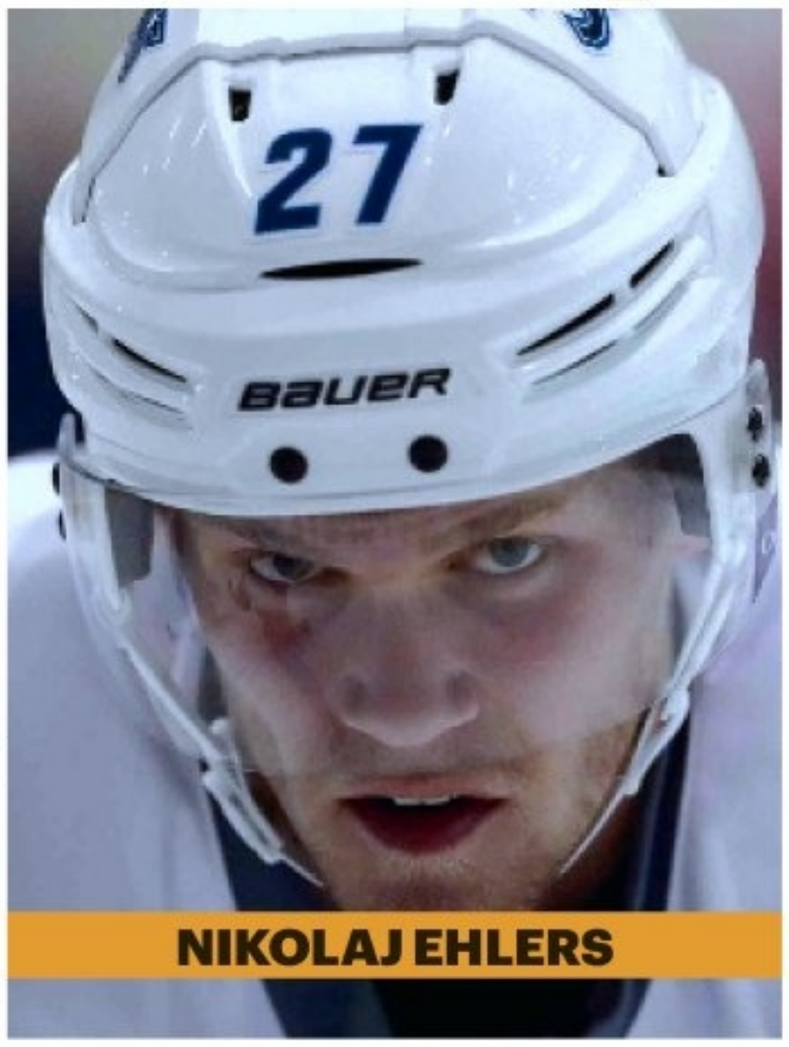
Your essential daily news | TUESDAY, JANUARY 3, 2017 | High -17°C/Low -27°C Snow showers

THE OA
Creepy until you're hooked
metroLIFE

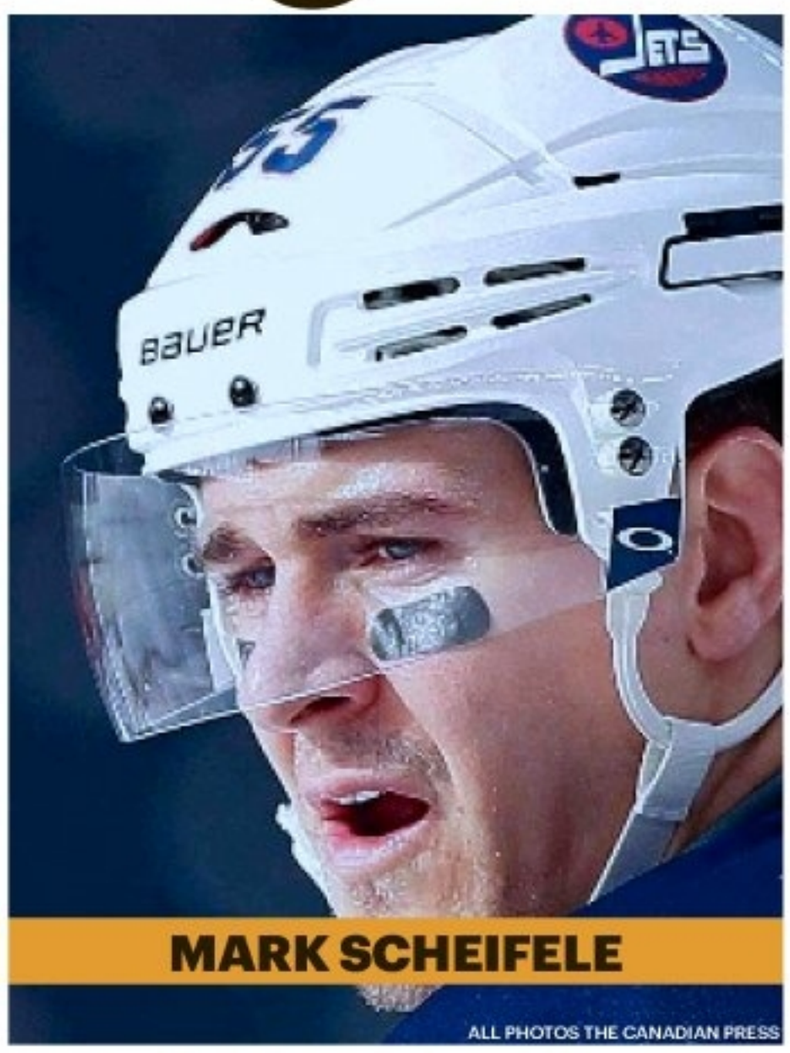
The Jets' *other* young star



PATRIK LAINE



NIKOLAJ EHLERS



MARK SCHEIFELE

ALL PHOTOS THE CANADIAN PRESS

The spotlight has been on Laine and Scheifele, but here's why Ehlers is also a player to watch
metroSPORTS

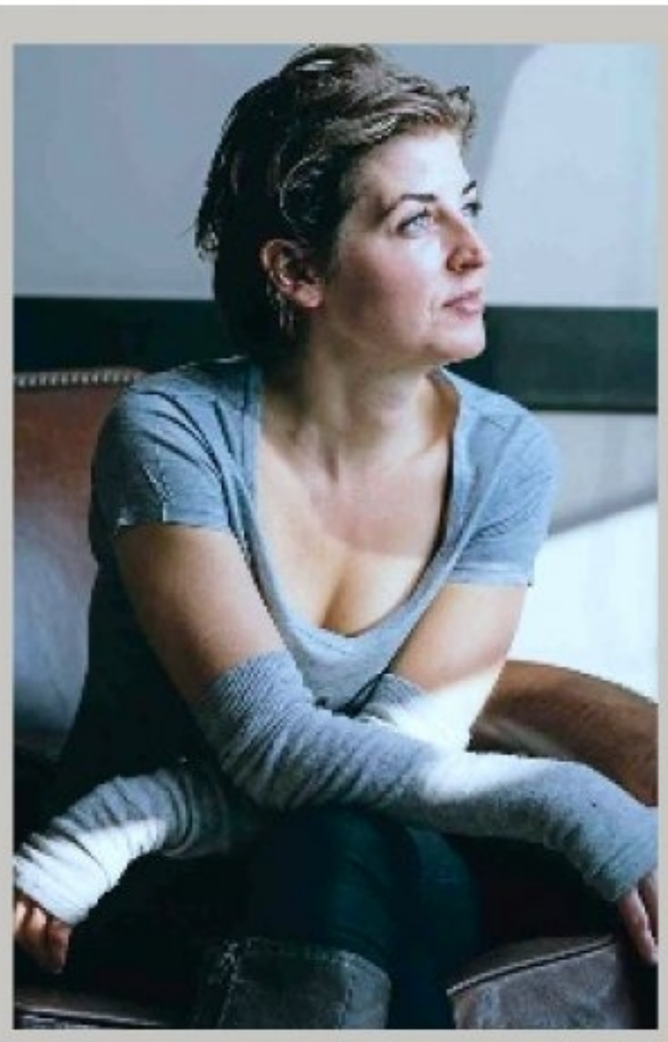
After terror

Winnipeg tourist describes Istanbul in wake of attack
metroNEWS

Fruitful endeavour

Local entrepreneur to ship 'fruit jerky' up north
metroNEWS

Faces of Winnipeg by David Lipnowski



Marilyn didn't plan to become a Shakespearean scholar, working as an instructor at the University of Manitoba.

But she kept pursuing her love of poetry from a very young age.

She said this portrait and interview was a much-needed interruption to grading essays at a coffee shop on Corydon.

Marilyn is extremely upbeat and full of energy, and feels that she doesn't get what she deserves in life — she gets more.

For her, 2016 has been a year of saying 'yes.' Despite how many people feel about 2016 — a year mired in celebrity deaths and U.S. politics — Marilyn says it has been her best year, sharing it with her friends over lots of laughter and wine.

Faces of Winnipeg This is a new weekly Metro series, to appear in every Monday's edition.

In 2013, local photographer David Lipnowski launched his art project, A Portrait a Day, in which he captured everyday Winnipeggers on the city's streets. You could say this series is an extension of that exhibit.

5 LOCAL ISSUES TO WATCH OUT FOR IN 2017

STEPHANIE TAYLOR/METRO WINNIPEG

DAVID LIPNOWSKI/FOR METRO

Portage and Main teardown 1

When will the barricades at Portage and Main come down? At what price?

The answers should be made public in the next several months, when city council considers a report on reintroducing pedestrians to the intersection.

The mayor maintains a far-fetched hope of seeing pedestrians cross the intersection in time for the city to host the Canada Summer Games this July.

But chief administrative officer Doug McNeil, says it's much more complex, requiring the involvement of multiple city departments and sign-on from the property owners on the corner.

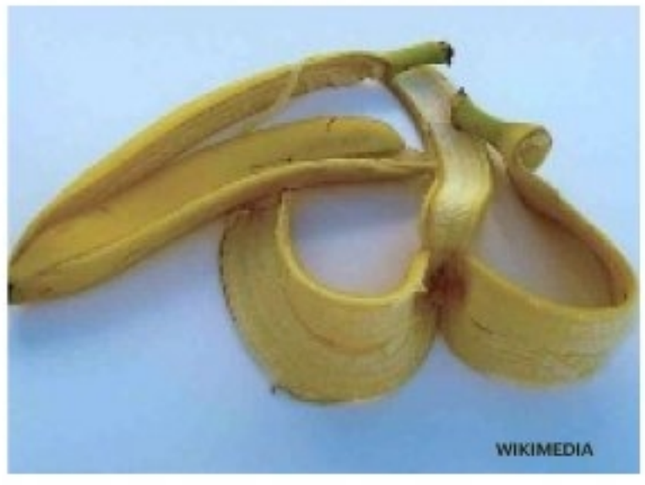
METRO FILE

2 Thumbs up or thumbs down for Bowman

Now entering his third year at the political helm of city hall, Mayor Brian Bowman's public approval ratings are worth watching, especially since a municipal election is just around in the corner in 2018.

A probe research poll in July 2016 showed that 69 per cent of Winnipeggers surveyed said they were happy with the performance of the rookie mayor who won the 2014 election with 111,504 votes.

But 2016 was the first year Bowman's leadership came under harsh scrutiny. Many members of the development community have criticized the mayor for ushering in growth fees. Other business leaders have been vocally concerned about the city's spending on road repairs. It will be interesting to see how public opinion shifts towards Bowman.



WIKIMEDIA

Growth fee battle rumbling 3

If two development groups keep their word, the City of Winnipeg will soon face a legal challenge over its new growth fees policy. The Manitoba Home Builders' Association and Urban Development Institute could launch a lawsuit against the city in the first few weeks of 2017.

Mike Moore, president of the home builders' group, says they will challenge whether the city has authority to usher in the new impact fees without provincial approval.

LYLE STAFFORD/FOR METRO

By May, developers building new homes along the outskirts of the city will have to pay $9,500 for a 1,800-square foot home.

Public Safety Building stands, but for how long?

It's creeping up to the one-year anniversary of council's vote to demolish the Public Safety Building.

But Winnipeggers still don't know what exactly will become of that site and the shuttered Civic Centre Parkade across the street Last March, the planning, property and development committee voted in a plan that would one day see the former police headquarters and brutalist-style building demolished in order to make way for a larger public space — a fate that Bowman wholeheartedly supports.

John Kiernan, director of the city's planning department, said back in September that community consultations on the future of the PSB site would start in the next six to eight weeks. Those weeks have come and gone and there has been no word publicly about when this engagement will begin nor explanation for the delay.

5 Talking about taking out the trash

The city is planning to talk trash with Winnipeggers.

That is, city staff will ask residents what they want from a curbside organics collection program.

The water and waste department was tasked with devising a new consultation plan, after some councillors blasted a planned user-pay model. Those naysayers argued that it's unfair to force all homeowners to pay for a green bin, when some already compost or have limited incomes.

Once a plan is presented and approved, city council will have to deal with how it will pay for the program and the cost of building an organics composting facility.

metro NEWS
Your essential daily news

Canadian woman from Milton, Ont. believed dead in Istanbul nightclub attack. **World**

METRO ASKS

What vice will you keep indulging in during 2017?

We hear the same old question year after year: "What's your New Year's resolution?" **Metro** decided to flip the script and find out which habits Winnipeggers are likely to stick with this year. KEILA DEPAPE/FOR METRO

"I'm going to keep procrastinating doing my homework."

Khristine Frias
First-year student at the University of Manitoba

"I'm going to keep speaking my mind, no apologies. I don't like being politically correct."

Abby Akoleowo
Accountant

"I have no vices, I'm a good person."

Alejandro Yamada
CanTalk interpreter

"I quit smoking and drinking a month ago. So now, I guess I go to the gym too much."

Christopher Snidal
Business administration student at Red River College

"I'll never stop eating Fat Boys and McDonald's."

Kendra Ans

"I'll keep sleeping in and eating sweets."

Danielle Cyr
Owner of MUR Lifestyle.

The Willy Wonka of dried fruit

FOOD FOR FOLKS

Entrepreneur dehydrates his way to bigger slice of market

Keila DePape
For Metro | Winnipeg

The high season for farmers' markets may have dried up in Winnipeg, but for one local entrepreneur, dry is ideal.

Iain Brynjolson is moving his food-dehydrating business into a commercial kitchen, which will allow him to yield the volume he needs to ship his products to First Nations communities in northern Manitoba.

He started by selling organic fruit at the Winnipeg Folk Festival, producing under the name Food For Folks. The 27-year-old started selling dehydrated fruits in 2013.

Since then, the self-proclaimed Willy Wonka of dried fruits has been experimenting with new products, and selling them at farmers' markets across the city.

Brynjolson sells his "fruit jerky" at prices comparable to fresh-bought fruit. Buyers can choose from apple, banana, and a few fruity mixes.

The idea to ship the dried goods up north came from his experience growing up in Winnipeg's North End, which Brynjolson called a "food desert."

"Both in Winnipeg and northern communities, traditional food knowledge has been lost. The demand is lost, so the supply and price isn't there either," said Brynjolson, who recently graduated from the University of Winnipeg with a major in urban and inner city studies.

"People's history is embedded in their foods. That knowledge is so empowering."

The artisan nature of food dehydrating, according to Brynjolson, is finding the right thickness of cut and the right temperature for the flavours to caramelize at just the right moment.

The words "banana jerky" may elicit some arched brows, but Brynjolson says it's often an eye-opener to the vast possibilities of produce.

"People are so surprised at the natural flavour. There's a reason candy is flavored after fruit."

To stimulate lost taste buds, Brynjolson wants to start shipping up samples.

Dehydrated foods shrink down ten times in weight, ten times in volume and last six months to a year, according to Brynjolson.

"People are paying $1.50 per pound in freight charges or more so that's an extra 60 dollars for a case of bananas."

But before he can approach any prospects with a plan, Brynjolson needs more fruit.

He plans to boost production and dehydrate his days away inside Hollow Reed Holistic on Corydon Avenue by Feb. 1.

Food For Folks founder Iain Brynjolson sells his line of dehydrated fruits at the Downtown Farmer's Market. KEILA DEPAPE/METRO

> **I've seen a 13-year-old girl throw a temper tantrum because her mom wouldn't buy her asparagus. It's the kind of thing that makes me feel like I'm doing my job.**
> Iain Brynjolson

Brynjolson says it was an organic partnership, as Hollow Reed Holistic is keen on shipping a range of natural medicines up north themselves.

In May, Brynolson left his job as produce manager at Neechi Commons to pursue Food for Folks full-time, but says his time at the inner-city grocery store created strong community ties and an opportunity to spread food knowledge.

"I've seen a 13-year-old girl throw a temper tantrum because her mom wouldn't buy her asparagus. That's the kind of thing that makes me feel like I'm doing my job."

An online website and store are in the works, but for now, Food For Folks can be found on Facebook and at a number of local farmer's markets.

Putting new tunes to the test

MUSIC

Attica Riots to perform for tough local audience

Nigel Moore
For Metro | Winnipeg

For the members of local alt-rock trio Attica Riots, their hometown of Winnipeg is a great — and tough — testing ground for new music.

Fans here "know what they've seen and they know what they like," said lead singer/guitarist Bobby Desjarlais.

The band — Desjarlais, with brothers Anders (drums) and Kyle Erickson (bass) — will play next Wednesday at The Good Will.

They are also booked to perform as part of Festival du Voyageur in late February.

Desjarlais said that as supportive as people are at home, fans here have also seen the band a lot, "so they scrutinize you in an almost personal way."

"We try to use the local shows as ways of trying out new things," he said. "We'll start testing the buoyancy of our new (previously unheard) songs at those two shows, seeing if they'll float. And if we have to tweak, we're always entitled to take a song off the set lists."

Winnipeg alt-rock band Attica Riots has a pair of hometown shows coming up this winter. LANE DORSEY

"But it's nice at a local show, for people who have seen us numerous times over the years, to give them the first play and see how it goes," he said.

Meanwhile, singles Misery and Love Sunshine & Hysteria have been racking up radio plays in markets including Winnipeg and Toronto. The latter song will be the title track of Attica Riots' new record expected sometime in 2017.

"The release date is kind of a moving target at this point, said Desjarlais, explaining that it depends how well future singles do on radio.

And then there are streaming services like Spotify and Apple Music: "New ways to reach your audience," he said. "It's multi-faceted — I don't think anything has bumped radio off the meter. Radio can still have a really strong arm in that part of your career."

"I think radio is always there. But it's nice that there's more than that one avenue now, for a band that maybe doesn't sit as well on radio. They can still find success with these other routes, where people are cutting out the middleman telling them what to listen to."

Tickets for the Jan. 11 Good Will show are $12 in advance at Music Trader, The Good Will and Ticketfly.com.

> **We try to use the local shows as ways of trying out new things.**
> Bobby Desjarlais

Winnipegger Tara Davis landed in Istanbul on New Year's Eve, hours before a gunman opened fire on a popular nightclub. CONTRIBUTED

Winnipegger on the Istanbul aftermath

NEW YEAR'S ATTACK

Traveller only learned of the massacre via Facebook

Lucy Scholey
Metro | Winnipeg

The New Year's Eve attack on a nightclub in Istanbul has not deterred one Winnipegger's travel plans.

Tara Davis landed in Turkey's largest city on New Year's Eve hours before a gunman stormed into the popular venue and opened fire on the crowd, killing 39 people and wounding scores of others. A Canadian died in the attack.

Davis and her boyfriend were not near the Reina nightclub during the attack. They had spent the evening in the busy Taksim Square, where nothing seemed out of the ordinary to Davis apart from the heightened security.

It wasn't until the next day, when she awoke to Facebook messages, that she learned of the attack.

"At first, I kind of hid out in the hotel," she said.

"I wasn't sure if it was safe to go out."

But when she finally stepped outside, she noticed what appeared to be a normal day in Istanbul, with thousands of people bustling about.

In speaking with some Turkish people, she found that "they simply cannot let these terrorists dictate the way they live their lives."

She has adopted that mindset.

"I'm not willing to give these terrorists a leg up," she said. "I want to experience as much as I can."

Davis, who owns the Tara Davis Studio Boutique in Winnipeg's Exchange District, is leaving Istanbul on Jan. 3 to continue her five-week trip into West Africa and then Dubai.

Meanwhile, Turkish police detained eight people in connection to the attack but were still hunting for the gunman on Monday.

> **"I'm not willing to give these terrorists a leg up.**
> Tara Davis

Prime Minister Justin Trudeau confirmed late Sunday that a Canadian was among those who died in the massacre. "We mourn with the people of Turkey today and with all countries who lost citizens in this vicious attack," Trudeau said in a statement.

"We also grieve the senseless loss of a Canadian citizen and remain steadfast in our determination to work with allies and partners to fight terrorism and hold perpetrators to account."

WITH FILES FROM THE CANADIAN PRESS

See p. 8 for more on the attack and the Canadian victim

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On edge over free 150 entry

BIRTHDAY BASH

Nature lovers sound alarm for national parks in 2017

Parks Canada is preparing for an increase in visitors this year as people across the country and around the world request free annual passes to explore the nation's natural treasures as part of Canada's 150th anniversary celebration.

Conservationists say it is important for people to connect with nature, but there are concerns about how more tourists may affect the ecological integrity of some of the more popular parks.

Ben Gadd, a retired nature guide and author of Handbook of the Canadian Rockies, said he is worried about increased vehicle traffic.

"Clearly the highway system in the mountain parks — it is going to be terrible next summer all summer long," said Gadd, who has been hiking in the region since 1968.

"When you have that situation and animals trying to cross there are going to be more accidents, more animals killed."

Gadd said he is also concerned about crowded attractions, trash and people feeding or getting too close to wildlife.

He hopes there are enough staff to properly maintain the parks and to explain the rules to visitors, especially newbies.

According to Parks Canada, more than 900,000 people ordered a free Discovery Pass in the first two weeks after they became available last month.

The government predicts visits to national parks, historic sites and marine conservation areas will top last year's attendance of about 24.5 million.

Eric Hebert-Daly, national executive director of the Canadian Parks and Wilderness Society, said the Parks Canada plan is a good idea in principle, but there are some dangers.

Some parks such as Banff, Jasper and the Bruce Peninsula in Ontario are already very busy. Adding more people could take away from their grandeur, he said.

Hebert-Daly said the government should consider better ways to handle traffic in busy parks, including the increased use of shuttle buses.

There are also not enough wardens and scientists to monitor the health of the parks, he said.

"This may be the year where we realize just how overstretched some of these places are," Hebert-Daly said.

Canada's national parks have a long history of attracting tourists eager to view wildlife and wilderness. Increased media attention is expected to draw even more visitors.

National Geographic Traveler magazine has put the Banff area on its "Best of the World" list of 21 must-see places in 2017 and Parks Canada has been busy promoting on social media as part of the Canada 150 campaign.

On Dec. 1 so many people jumped online to get a free annual pass that the department's computer system slowed to a crawl.

Ed Jager with Parks Canada said staff know they are in for a busy year.

The number of cleaning and maintenance crews has been increased to ensure facilities will be kept in shape and that garbage doesn't attract wildlife, he said.

Jager said online orders for annual passes are being tracked to get a sense of which parks will see more traffic. Information about park rules is being sent to visitors. THE CANADIAN PRESS

A video address by Prime Minister Justin Trudeau during New Year's Eve celebrations that kicked off Canada 150 on Parliament Hill in Ottawa. DAVE CHAN/TORSTAR NEWS SERVICE

EQUALITY

Showing a different Parliament

Ryan Tumilty
Metro | Ottawa

As Canada marks 150 years as a country, Equal Voice is hoping to show them what a dramatically different Parliament could look like.

The organization, which encourages women to run federally, is bringing 338 young women from across the country to literally take a seat in Parliament on March 8, as part of a conference called Daughters of the Vote.

Jasmine van Schouwen, a law student at the University of Ottawa will represent her riding of Kanata-Carleton at the event. She said she hopes the event will show that there are women interested in office.

"There is a big myth that there aren't women who are qualified or interested in taking political office," she said. "It will be a beautiful image to see that there are women who are ready to take these positions."

Currently, women occupy 26 per cent of the seats in parliament. Van Schouwen said that low representation leaves a lot of issues off the agenda.

"It means that women's issues are often simply not discussed, but it also means that young girls don't have women to look up to."

Mary-Anne Carter, co-chair of the National Capital Region chapter of Equal Voice, said the event will include more than just the day in Parliament, but events designed to give women the tools to actually run for office.

Attack marks start of 'open war'

TURKEY

Daesh claims responsibility for shooting in Istanbul club

Mourners carry the flag-draped coffin of one of the victims of the attack at a nightclub on New Year's Day on Monday in Istanbul. Turkey's state-run news agency says police have detained eight people in connection with the attack. EMRAH GUREL/THE ASSOCIATED PRESS

Daesh claimed responsibility Monday for a mass shooting at an Istanbul nightclub that killed 39 people, most of them foreign tourists, including a Canadian woman, who were ringing in the new year. It was the first claim of its kind for Daesh in Turkey.

The group said Christian revellers were targeted in response to Turkish military operations against Daesh in northern Syria. The claim came after a Daesh propaganda video urging attacks on Turkey, which is home to an airbase used in the U.S.-led effort against Daesh in Syria and Iraq.

Nearly two-thirds of the dead in the upscale club, which is frequented by local celebrities, were foreigners, Turkey's Anadolu Agency said. Many of them hailed from the Middle East.

Citing Justice Ministry officials, Anadolu reported that 38 of the 39 dead have been identified. The report said 11 of them were Turkish nationals, and one was a Turkish-Belgian dual citizen.

The report says seven victims were from Saudi Arabia; three each were from Lebanon and Iraq; two each were from Tunisia, India, Morocco and Jordan. Kuwait, Canada, Israel, Syria and Russia each lost one citizen.

The nightclub assailant, armed with a long-barrelled weapon, killed a policeman and a civilian early Sunday outside the Reina club before entering and firing at some of the estimated 600 people inside.

Daesh group boasts of having cells in Turkey, regularly issues propaganda in Turkish and is believed to have hundreds of Turks in its ranks. But until now, the main act of aggression it had claimed in Turkey was the March 2016 killing of a Syrian journalist and an attack on riot police in the province of Diyarbakir, which Kurdish militants also claimed.

For some analysts, the claim of responsibility signalled a shift in Daesh strategy in Turkey, a predominantly Muslim nation.

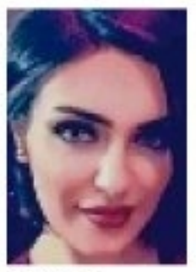
"It's a new phase," security analyst Michael Horowitz said. "What we saw before was an undeclared war, and now we're entering an open war."

The Daesh claim said only that the attacker was a "soldier of the caliphate" who struck to "let infidel Turkey know that the blood of Muslims that is being shed by its airstrikes and artillery shelling will turn into fire on its territories."

By attacking as the nation was celebrating the new year, the group indicated that it intends to continue being a "scourge" against Turkey in 2017, said Turkish Deputy Prime Minister Numan Kurtulmus. THE ASSOCIATED PRESS

Canadian among dead identified

The Canadian killed in the New Year's attack on an Istanbul nightclub has been identified as Alaa Al-Muhandis, from Milton, Ont.



Alaa Al-Muhandis

Several media outlets are reporting that the mother of two was among the 39 killed when a gunman opened fire at a popular Turkish club during New Year's celebrations.

Mohammed Hamoudi, the president of non-profit organization Mesopotamia Group, knew Al-Muhandis professionally through her event-décor business, Looloo's Arrangements. Hamoudi, who last saw Al-Muhandis in September, said she was a "very nice lady, and very helpful and very kind, (with a) very nice personality."

Hamoudi added that he was shocked when he heard the news, especially because Al-Muhandis was "so young" — in her 20s, or early 30s at most, he said. TORSTAR NEWS SERVICE

U.S. POLITICS

Alabama band marching into inauguration controversy

The marching band of Alabama's oldest private, historically black liberal arts college has accepted an invitation to perform at President-elect Donald Trump's inaugural parade, organizers said.

Talladega College's band will march at Trump's inauguration as other historically black schools such as Howard University, which performed at President Barack Obama's first inaugural parade, said they won't be marching in the Jan. 20 event.

"We were a bit horrified to hear of the invitation," said Shirley Ferrill of Fairfield, Alabama, a member of Talladega's Class of 1974.

"I don't want my alma mater to give the appearance of supporting him," Ferrill said of Trump on Monday. "Ignore, decline or whatever, but please don't send our band out in our name to do that."

The move has lit up Talladega College's social media sites with a sharp debate about the band's decision to participate in the parade. Some people voiced strong opposition, while others support the band's participation.

"After how black people were treated at Trump's rallies, you're going to go and shuck and jive down Pennsylvania Avenue? For what?" Seinya SamForay said in an interview. "What they did is a slap in the face to other black universities." SamForay, of Chicago, was among dozens of people commenting on the school's social media sites.

The Presidential Inaugural Committee announced Friday that the Talladega College Marching Tornadoes was among 40 groups, including high school bands and military organizations, scheduled to perform in the parade. Some members of the Marist College band in upstate New York, also scheduled to perform at the inauguration, say they won't participate, a school spokesman said Monday. THE ASSOCIATED PRESS

Scarface the dog attacks family over sweater

Police in Florida say a dog named Scarface attacked a family who tried to put a sweater on it.

Tampa police say the pit bull mix bit a 52-year-old woman who was trying to dress it Friday and her husband was attacked while trying to pull the dog off her. Police say the couple's 22-year-old son was attacked while trying to stop the dog by stabbing it in the neck and head.

The three people escaped the house and left the dog in the backyard. They ended up in the hospital.

Police say animal control officers shot it with a tranquilizer gun, but it managed to get back into the house where two children were. Police used a bean-bag gun and stun gun on Scarface before catching it. THE ASSOCIATED PRESS

What to expect from tech in 2017

TECHNOLOGY

TVs, cars and more virtual reality in this year's show

When the annual Consumer Electronics Show takes over Las Vegas on Thursday, the state of our technological nation will be on full display through countless devices and gizmos.

Everything from new product unveilings to decrees from industry associations to all sorts of goofy gadgets are sure to capture the technorati's attention — at least for a nanosecond until they move onto the next bright shiny object.

There may be some true innovations, but technology really is a copycat culture, with electronics companies striving to make sure they at least match their competitors, products lines, and, hopefully, improve on them. In many cases, it's evolution not revolution. At the very least, CES provides a starting road map for consumer technology in 2017. Here are some of the things we expect to see.

Visitors look on as a robot makes coffee with a Bonavita pot during the first day of the Consumer Electronics Show (CES) in Shanghai on May 11, 2016. AFP/GETTY IMAGES

SCREEN SCENE

Despite the proliferation of screens of all sizes, televisions are still a huge part of CES. Though the top-end TVs might steal the show, the exposition is also the place to watch for what real people may be going to buy.

This year, 4K will become the standard base model for a lot of manufacturers. There will also likely be more discussion of High Dynamic Range, which is the technology that enhances the colour spectrum on TVs. Currently, there are two competing standards, Dolby Vision and HDR 10. Possibly something will shake out at the CES and one standard can be decided on.

IT'S THE WHEEL DEAL

CES has become more and more of an auto show, with high-tech concept cars and likely plenty of announcements surrounding self-driving car technology expected this year.

Beyond the goal of a driverless car, there will likely be plenty of announcement of new in-car tech and dashboard apps and several car manufacturers and their technology partners.

Faraday Future, which launched with a concept car last year, has said it will show off a production model electric vehicle this year.

REALITY, VIRTUAL OR REAL

With the first wave of headsets out there, the big news will likely be around content, with some of the main players announcing deals to bring more stuff to people who strap on their headsets.

But CES is much more hardware and gadget focused, so we are also probably going to see a number of headsets from manufacturers who have yet to take the leap, including the likes of HP, Dell, Asus and Lenovo.

While the bigger-name manufacturers look to compete with the Oculus Rifts and HTC Vives in the VR world, the other area that's likely to show some action is augmented or mixed reality. At its most basic, these are technologies that can overlay information or images on the real world.

Pokemon Go was this year's breakthrough augmented reality app, but proponents of the technology have huge hopes about how it can change the way we interact with the world. One hypothetical example would be a map app that displayed directional arrows on a car's windshield.

TORSTAR NEWS SERVICE

FINLAND

Basic income for unemployed

Finland has become the first country in Europe to pay its unemployed citizens a basic monthly income, amounting to 560 euros ($587), in a unique social experiment that is hoped to cut government red tape, reduce poverty and boost employment.

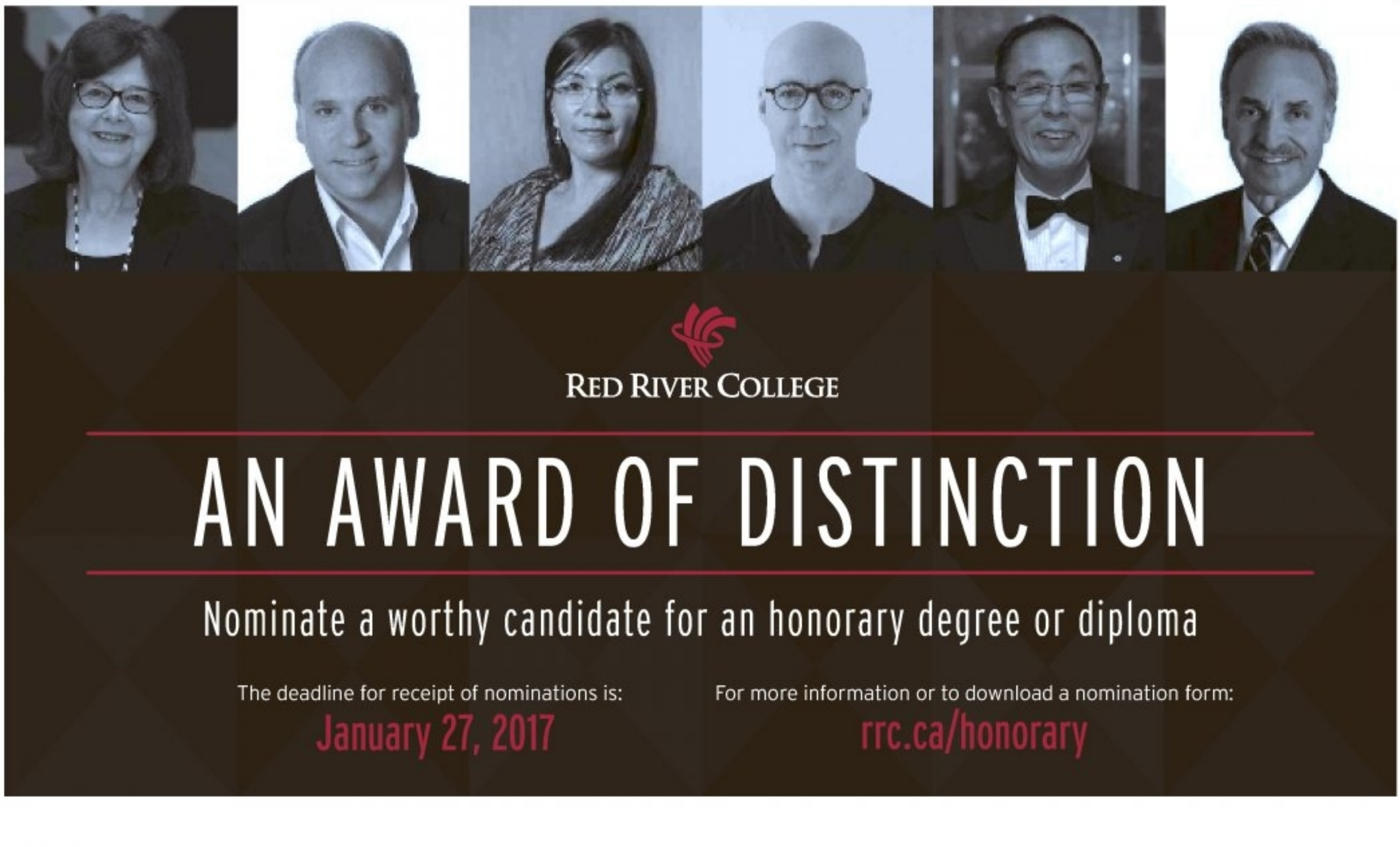
Olli Kangas from the Finnish government agency KELA, which is responsible for the country's social benefits, said Monday that the two-year trial with the 2,000 randomly picked citizens who receive unemployment benefits kicked off Jan. 1.

Those chosen will receive 560 euros every month, with no reporting requirements on how they spend it. The amount will be deducted from any benefits they already receive.

The average private-sector income in Finland is 3,500 euros per month, according to official data.

Kangas said the scheme's idea is to abolish the "disincentive problem" among the unemployed.

THE ASSOCIATED PRESS



metro VIEWS
Your essential daily news
Tuesday, January 3, 2017

BRENT TODERIAN ON HOW MATH CAN HELP BUILD GREAT CITIES

The math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

First, an admission — when I was in school, math was my least favourite subject.

But these days, as someone who advises cities and best-practice developers around the world on what I call "advanced urbanism," math just might be my favourite thing to talk about.

That's because when it comes to designing and building smarter and more successful places, we understand more about the quantifiable science of cities — the "math of city-making" if you will — than ever before.

When it comes to great cities, I'm the first to point out that not all that counts can be counted. But most of the things we can count lend support to smarter ways of thinking about how our cities grow and change. To be blunt, the math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

Here are just a few examples:

- A common political argument is that bike and transit riders should "pay their own way." A study in Vancouver, however, suggested that for every dollar we individually spend one cent. For biking, it's eight cents, and for bus-riding, $1.50. But for every personal dollar spent driving, society pays a whopping $9.20! Such math makes clear where the big subsidies are, without even starting to count the broader environmental, economic, spatial and quality-of-life consequences of our movement choices. The less people need to drive, the less we all pay.

- Another study in Copenhagen (where the full cost of transportation choices are routinely calculated) found that when you factor in costs like time, accidents, pollution, and climate change, each kilometre cycled actually gains society 18 cents!

- Over the last decade, Canadian cities like Calgary, Edmonton, London, Halifax, Regina and Abbotsford have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter design choices save costs.

Over the last decade, Canadian cities have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter design choices save costs.

The resulting math has been powerful, revealing that tens of billions of dollars in public money have been spent on car-dependent suburban growth rather than on smart infill — and I haven't even yet seen such a study that includes *all* the full and life-cycle costs of our growth choices. Once these shocking numbers are revealed, municipal leaders can't "unknow" them, no matter what political ideology you live by.

Want more examples? There's math showing that replacing on-street parking with safe, separated bike lanes is good for street-fronting businesses. That crime goes down as density goes up. That you can move more people on a street when car lanes are replaced by well-designed space for walking, biking and transit.

Many of the biggest fear-based myths that get raised in city-building conversation are shown to be untrue when you apply cold hard count-ing to the conversation. And that's before we even get to the many intangible and uncountable (but equally well-demonstrated) benefits of smarter city-making. It's important to remember that if we just throw a lot of numbers around, people can easily fall asleep. I sure would.

But when you combine this unprecedented understanding of the math of cities, with a much more engaging, personal and persuasive approach to story-telling, then the conversation can get much more interesting and successful.

So that's why I now love math. If we're not boring about it, it can add up to much better cities.

SKYLINE OF WINNIPEG. Many of the biggest fear-based myths raised in city-building conversation are shown to be untrue when you apply cold hard math to the conversation. iStock

Brent Toderian is a leading national and international city planner and urbanist with Toderian UrbanWORKS; Vancouver's former chief planner; & the President of the Council For Canadian Urbanism.

Civil disobedience may do as much as scientists' efforts

Gabriel Zarate

I think it's safe to say that 2016 will be remembered as a rough year. I scarcely need to recite, yet again, the litany of horrible events.

But the year also produced a small bloom of hope for the future, grown from seeds planted in the early part of the decade, in the form of movements such as Occupy and Idle No More.

At Standing Rock, a few thousand of the U.S.'s most marginalized people faced down an intimidating display of militarized state power — and prevailed. In so doing, they held back an oil-pipeline project that threatened not just the local water supply but also the earth's atmosphere, which is already reeling from the waste of global industry.

The fragile hope I mentioned earlier lies in the prospect of this victory inspiring others to action, leading to more victories. In the struggle to preserve our atmosphere, our biosphere and our entire way of life, it may be that civil disobedience, such as we saw at Standing Rock, will accomplish as much as any research or public-education effort undertaken by scientists.

My parents were scientists. I grew up with a fundamental faith in scientific progress, that it would eventually solve many of the world's problems. But what many people don't understand about science is that it resists absolutes. A scientist would almost never say, "This is a fact"; he instead would probably say, "The evidence suggests this is a fact" or, if he's dead certain, "The evidence strongly suggests this is a fact."

When applied to communicating concerns about climate change to the general public, that professional caution has been disastrous. Peer-reviewed journal articles and quiet intellectual reserve cannot compete with the bombast of multinational corporations, whose co-ordinated public relations campaigns on behalf of the petrochemical status quo have allowed the forces of convenient doubt to score a tie in the public mind with the forces of fact.

Make no mistake: energy-sector-sponsored doubt is disingenuous. Last month the Arctic was 30 degrees Celsius above normal. The petroleum companies and their flacks know what's up.

Meanwhile, scientists who aren't on industry's payroll are very, very afraid. Climate change is real, and human activity has significantly contributed to it. Only the details are still debated (how high will sea levels rise? And how soon?)

All this makes one thing abundantly clear: the most valuable substance on our planet is not oil, which we've pursued maniacally and guarded jealously; it's water, which we've treated in a shamefully cavalier fashion. Water is, quite literally, life. In this light, the victory at Standing Rock is even more meaningful.

The hard truth is that, to avoid global catastrophe, petrochemicals need to stay in the ground. We must adapt or die. Mother Nature is not interested in political or economic rationalizations.

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Your essential daily news

A first baby for LC: Former star of MTV's The Hills Lauren Conrad announces she is pregnant

SKINCARE

Pseudo-science behind 'clean' beauty product trend: Experts

Melissa Dunne
For Metro Canada

Gwyneth Paltrow once infamously bragged about having the butt of a 22-year-old stripper, but perhaps she should have been bragging about having the skin of a 30-ish model.

Whether you love or hate the actress-cum-entrepreneur, one has to admit the skin of the 44-year-old looks ah-mazing on the cover of the new book Goop Clean Beauty, released last week.

The sleek tome, by the editors of her popular lifestyle publication Goop with a foreword by Paltrow, devotes a large chunk to the supposed superiority of "clean … organic, non-toxic" beauty products.

Paltrow, or GP as she likes to call herself, is the latest in a long line of celebs to pitch "clean" makeup and skincare products to average Janes who don't have the skin of a star, but would like to.

Dr. Julia Carroll, a dermatologist with Compass Dermatology in Toronto, says there is immense interest, with patients asking her every day about these kind of products.

"GP's Essential Six" skincare items will cost you about $1,000. Is it worth it? Likely not, said Timothy Caulfield, author of Is Gwyneth Paltrow Wrong about Everything?

The beauty products industry, both in Canada and the U.S., has little government regulation and consequently companies and celebrities have a very wide berth to make all sorts of "sciencey-sounding" claims, he said.

Celebs like Paltrow and Jessica Alba are using fear, pseudo-science, and guilt to sell products to make a lot of money, said Caulfield in a phone interview from Calgary, where he is a Canada Research Chair in Health Law and Policy and a professor in the Faculty of Law and the School of Public Health at the University of Alberta. Carroll concurs.

"It's about profit," said the skincare expert in a phone interview. "They're fear mongering."

Carroll advises you take the often-outlandish claims of stars trying to sell you pricey beauty products with a very large grain of Himalayan crystal salt.

Let's face it — no amount of product is likely to give you GP's skin or butt. If you have an actual skin problem, see an actual dermatologist.

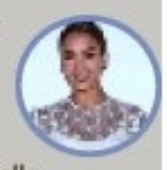
'Clean' beauty claims:

To be taken with a grain of Himalayan crystal salt

> **It's about profit. They're fear mongering.**
> Dr. Julia Carroll of Compass Dermatology in Toronto

BRANDS

Juice Beauty
Gwyneth Paltrow teamed up with Juice Beauty to release makeup and skincare products in collaboration with Goop. The packaging is all clean lines and clear fonts that connote that these "organic, non-toxic" products look very pretty and will definitely cost you a pretty penny.



Honest Beauty
The Honest Company was co-founded by actress Jessica Alba and sells products made without a long list of what Honest Co. claims are "potentially health-compromising chemicals or compounds." Alba and co. are clearly onto something as Unilever PLC was reportedly in talks this fall to take over the brand for a valuation of about $1.35 billion.

RMS Beauty
RMS Beauty was founded by makeup artist Rose-Marie Swift and sells what it calls organic colour cosmetics. The company states that all of their beauty products are: gluten free (with the exception of the volumizing mascara), GMO free, soy free, and nano free. Supermodel Gisele Bündchen is among stars who have endorsed the items, bearing the minimalist RMS logo.

BRAIN INJURIES

Push for sharper focus on effects of female concussions

Katherine Snedaker says she has had 20 concussions, the first three decades ago from a car accident when she was 16. But it wasn't until her son suffered a series of concussions in the sixth grade, around 2008, that she felt compelled to learn all she could about head injuries to help him recover.

During her journey of learning, she has become a nationally known advocate for better research, medical care, and support for girls and women with brain injuries, including concussions.

She founded her non-profit advocacy group PINK Concussions in 2013 in response to what she discovered was a lack of focus on female concussions. She formed the group during a yearlong medical leave to treat breast cancer and while rebuilding her home, damaged by Superstorm Sandy.

Some studies show females suffer more concussions than males when playing similar sports. Doctors agree more research is needed on any gender differences and whether women experience more severe symptoms or take longer to recover.

Most research has focused on men, especially dozens of former football players who died from a degenerative brain disease that has been linked to concussions.

"There's a lot we don't know," said Snedaker, 49, a clinical social worker who gave up her regular job to advocate full-time at her own expense. "What I wanted to do was educate the public."

Snedaker has sought to keep a light shining on the need for more research, better medical care, and more community support for girls and women with concussions and other brain injuries suffered through sports, military service, domestic violence and accidents. She has organized several conferences that have brought together medical experts and military leaders she has met, done dozens of media interviews, and launched a website — Pink Concussions — to share information.

In March, Pink Concussions will hold its second annual international summit on female concussions and traumatic brain injuries; it will be hosted by the National Institutes of Health.

A major impetus to Snedaker's activism has been hearing stories in support groups and in surveys from women and girls suffering from concussions. Many shared similar stories of not healing as fast as people thought they should, doctors minimizing their conditions and feeling isolated while recovering at home, she said.

"These girls had been cycled through the medical community and kind of spit out," Snedaker said. "What totally got me were these women who were isolated and alone." THE ASSOCIATED PRESS

$30 million

A $30 million, three-year study being done by the NCAA and Department of Defence is being billed as the largest ever of concussion in sports. Preliminary results are expected in late January with doctors indicating it may lead to rule changes and international guidelines on prevention and treatment.

NEW YEAR PLANS

Keep resolutions within your budget

With the dawn of a new year, it's natural for people to see a bigger, better version of themselves over the next 12 months. But some of the most common promises we make can be costly. Here is how to keep them without breaking the bank:

Eat healthier

While food prices have been falling recently, they're expected to swing up again in 2017, which could make it more expensive to maintain a healthy diet. But it's possible to eat well on a budget, says Leanne Brown, author of the cookbook Good and Cheap. "The No. 1 thing you can do is really begin to embrace cooking," she says, encouraging the use of raw ingredients over processed ones as the latter tend to cost more.

Other tips include buying items that can be used in multiple recipes, such as canned tomatoes; buying in bulk if possible; and slowly building a pantry full of staples.

She suggests purchasing produce that's in season and always having eggs in the fridge, as they're a cheap and easy-to-cook source of protein.

Boost net worth

Canadians continue to rack up record amounts of debt, so it shouldn't be surprising that some may want to pay back their creditors or stash away a nest egg for the future. A DIY approach that doesn't require shelling out for a financial adviser or planner can work.

"It doesn't have to be that complicated," says Shannon Lee Simmons, founder of the New School of Finance, a Toronto-based business that offers fee-only planning and personal finance e-courses. "You could do this all yourself with just an Excel spreadsheet."

For those looking for something more advanced, and willing to spend some money, Simmons says there are plenty of online courses that guide students through financial literacy basics or target specific life stages, like planning for a baby or house purchase.

Get fit

Boutique gym memberships, personal trainers and high-tech equipment can cost a bundle, but working out can be effective on any budget. There's a plethora of free or inexpensive exercise videos on the Internet people can follow along with at home, says Simmons. For people who want to learn from a personal trainer before starting to work out at home, Simmons recommends finding an expert willing to barter. Those wanting the camaraderie of a fitness class can scour coupon sites like GroupOn for deals or buy a pass like ClassPass that allows users to sample a wide range of gyms, she says.

Read more

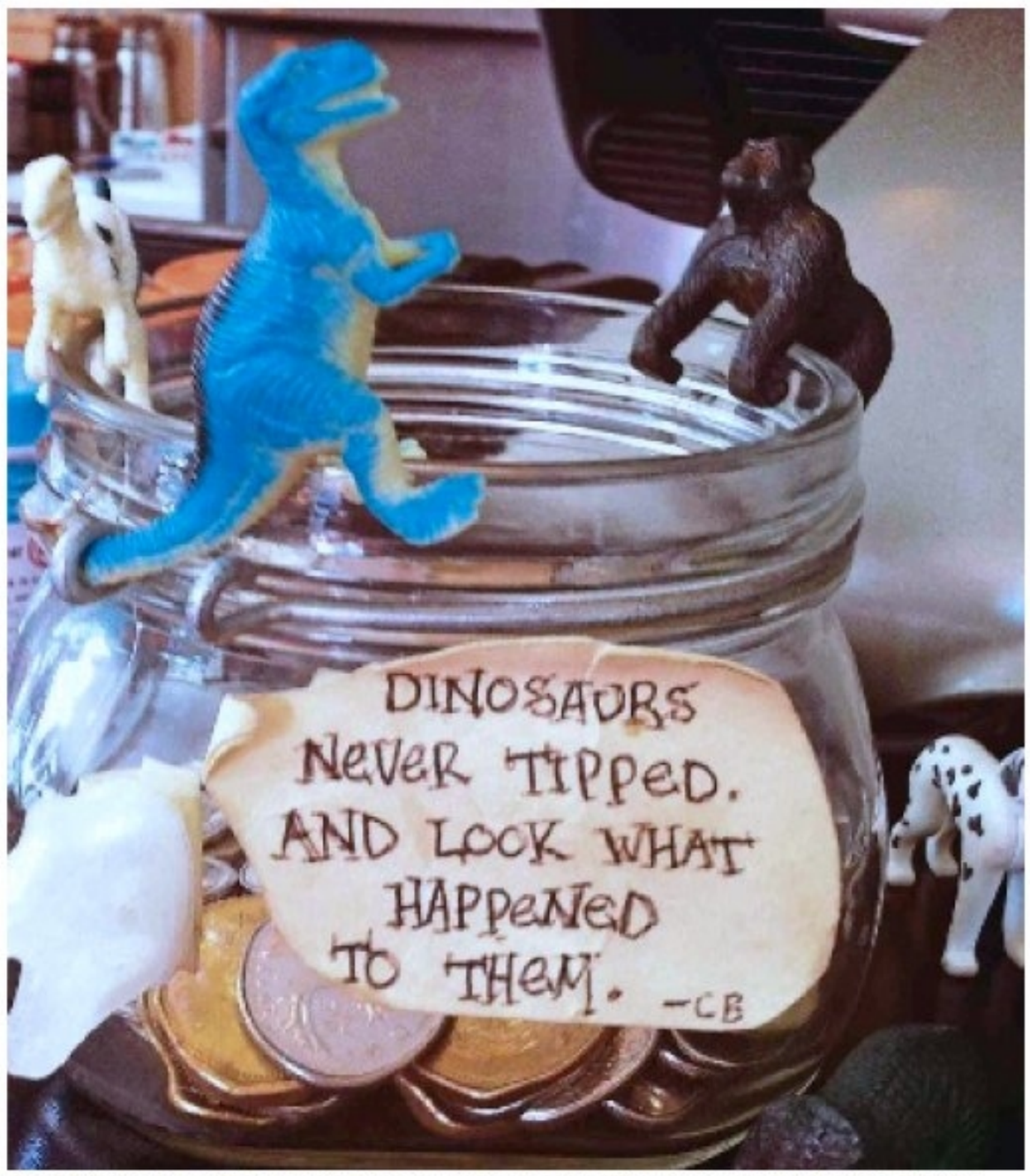
It's not necessary to have a shiny, new e-reader and shelves of the latest books to be well-read. Ask friends and family to swap or borrow books — also a good way to stumble into new genres — or shop in second-hand stores rather than buying new. Visit the local library. They also often lend e- and audio-books and passes to local attractions.

THE CANADIAN PRESS

How would you like to tip zero per cent?

HOSPITALITY

Industry split on moving to non-gratuity model



An old tip jar at a coffee shop in Toronto makes a compelling argument for tipping. But the issue has become more complex this year. TORSTAR NEWS SERVICE FILE

Restaurant owners are grappling with the thorny and complex issue of balancing the huge discrepancy in income between servers and kitchen staff created by the current practice of tipping.

Front-of-house staff generally receive a gratuity of between 15 per cent and 22 per cent while cooks who make the food may labour for minimum wage.

"The truth is labour costs are going up, minimum wages are going up, restaurant margins are going down, and so in order to close that gap and keep people working in the kitchen, restaurants are going to start taking control of that tipping revenue as a way of just making sure they can continue to meet labour costs," says Mike von Massow, a professor in the department of food, agriculture and resource economics at the University of Guelph.

The issue of tipping differs depending on the industry sector — fine dining, casual or quick service.

"And even within the certain sectors — we've done some surveys and whether to move to a non-tipping model or not — our industry is split almost evenly on the issue," says Mark von Schellwitz, vice-president for Western Canada for Restaurants Canada, who is based in Vancouver.

"There's certainly no consensus on which way to go."

Proposed models include a hospitality charge, profit sharing or a hybrid plan in which there's a moderate increase in pricing along with a small service charge.

"I'm very much in favour of cooks and waiters and all restaurant employees making a living wage, which many of them don't at this time," says Anthony Bourdain, host of Parts Unknown which airs on CNN.

"Is the no-tipping, service-included plan the way to get there? I don't know. I'm open-minded about it. I tip 30 per cent. Everyone should, in my view, but absent that, I suspect it's the future."

Dining chain Earls launched a 16 per cent hospitality charge in July at its 67th location, in downtown Calgary, to test the waters.

Craig Blize, vice-president of operations says the experiment, which the company will begin to evaluate in January, has been "polarizing."

"A lot of our staff love it. Our kitchen staff definitely loves it and our support staff loves it and the majority of the servers do as well," says Blize, who is based in Vancouver.

"There have been some staff that have been disgruntled or haven't liked that option so we have moved them to other Earls where we do have tipping." There are no plans to roll the policy out to other locations.

Meanwhile, some guests love the all-inclusive charge while others "despise" it because they feel they've lost control over recognizing the service they've received. Earls.67 will waive the hospitality charge if a client is displeased with the food or service.

"Unless we're willing to pay more for food, which I think we should be doing anyway, I think tipping needs to be something we should still see as a valuable thing of celebrating getting good service."

Ned Bell, Vancouver Aquarium's Ocean Wise executive chef

But evidence suggests people don't vary their tipping much whether they've received good or bad service, says von Massow. "It's a social norm. We just do it anyway."

In the history of gratuities, "tips" was an acronym for To Insure Prompt Service.

"When it began originally, I believe it was in the U.K., the tip was paid before the meal, so you gave the server a little bit of money just to make sure you got good service, then it evolved to coming after the meal," says von Massow.

"In fact, most of Europe has moved away from tipping even though that's where it began. It's deeply rooted here."

THE CANADIAN PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Leaving us gasping for more

Music, directing, writing and acting come together in a startling way in Brit Marling's The OA. CONTRIBUTED

THE SHOW: The OA, Season 1, Episode 5 (Netflix)
THE MOMENT: The gasp (spoiler alert)

The OA (Brit Marling) and four others who've had near-death experiences are being held prisoner in adjoining Plexiglas cells by Dr. Hunter Hap (Jason Isaacs), who's desperate to prove there's an afterlife. But one of his experiments goes too far.

In grief and defiance, The OA begins a series of movements she learned in the afterlife. In the next cell, Homer (Emory Cohen) joins in. (Music begins to play on the soundtrack.) The lights dim for night. The pair continue moving in the dark.

In the morning, Homer and the OA are still dancing. (The music changes.) Rachel (Sharon Van Etten) notices something in the next cell. (The music swells.) Homer and The OA dance. Suddenly, another character sucks in his breath.

Watching this in my office with headphones on, I sucked in my own breath so loudly that my dog, asleep at my feet, woke up barking.

This series is impossible to describe. Essentially, it's about goodness, but it's all tone and mood.

The plot sounds absurd unless you're inside its spell. This is possible only because the creators — Marling and her frequent collaborator Zal Batmanglij write it, Marling stars in it, and Batmanglij directs — were able to realize a unified vision.

With most art, you aim for greatness and then accept when it eludes your grasp.

Here, Marling and Batmanglij create a perfect moment where writing, acting, direction and music come together in a way that's both startling and inevitable. That gasp is the rare sound of getting it right.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TELEVISION

Dispute over Carey's New Year nightmare

Dick Clark Productions is hitting back against Mariah Carey's claim it sabotaged her live performance on its New Year's Rockin' Eve special.

Carey's disaster during the annual New Year's Eve special in Times Square made international headlines: The superstar vocally stumbled through her short set, failing to sing for most of it despite a pre-recorded track of her songs playing in the background.

Carey was visibly upset during the performance and afterward tweeted "(expletive) happens." Her representative Nicole Perna blamed technical difficulties, and in an interview with Billboard she said Dick Clark Productions hampered Carey's performance.

Mariah Carey and her team of dancers endured a mortifying New Year's Eve performance. EUGENE GOLOGURSKY/GETTY IMAGES

"She was not winging this moment and took it very seriously," Perna told Billboard. "A shame that production set her up to fail." Perna said Carey's earpiece wasn't working and she flagged the issue to the production team but was told it would be OK when she got on stage.

"However, that was not the case, and they were again told that her earpiece was not working," Perna said. "Instead of endeavouring to fix the issue so that Mariah could perform, they went live."

In a statement released on Sunday, the production company called such claims "absurd."

It said that in "very rare instances" there are technical errors that can occur with live television. It said an initial investigation, however, indicated it had no involvement in the challenges associated with Carey's performance.

"We want to be clear that we have the utmost respect for Ms. Carey as an artist and acknowledge her tremendous accomplishments," it said.

Perna later disputed the claim that Carey did not rehearse.

"Mariah did in fact rehearse at 3 p.m., Perna said. "She went through vocals and her team ran through sound. All was well at rehearsal. She was prompt for rehearsal and her performance."

THE ASSOCIATED PRESS

metro SPORTS

Roger Federer returned from six months on the sidelines with a knee injury to beat Dan Evans 6-3, 6-4 on Monday at the Hopman Cup

Opposites attracted to net

WORLD JUNIORS

Team Canada goalies a case of contrasting personalities

Team Canada goaltender Connor Ingram has allowed three goals in two games — a win and a loss. RICK MADONIK/TORSTAR NEWS SERVICE

Truth be told, Connor Ingram never wanted to be a goalie.

But as the youngest of four brothers in a very athletic — and apparently rambunctious — family growing up in Imperial, Sask., it fell to the littlest.

"Someone had to play net in ministicks," said Ingram. "That's where it started."

In terms of wins, goals against and other on-ice matters, Canada's two goalies couldn't be more similar through their junior careers in the Western Hockey League. Both have the confidence of Hockey Canada coach Dominique Ducharme.

"It's a daily decision for us, who is going to play," said Ducharme. "We want to evaluate our guys every day."

But off the ice, they are very different. Ingram — of the Kamloops Blazers — is an extrovert who can tell a story. Carter Hart — of the Everett Silvertips — is introspective, using the power of positive thinking and the help of a psychologist to carry the weight of a netminder.

"The game has now evolved so much that it's almost 90 per cent mental and 10 per cent physical," said Hart. "It's really what's in your head and what you can control.

"When you give up a goal: refresh or refocus. That's the past, and just worry about stopping the next one. Just have that mindset every time."

There may not be a position in all of hockey that's less appreciated than being Team Canada's netminder at the world junior hockey championship.

Canadian goalies seem to take the blame when Canada comes up short, but they rarely get the credit when Canada gets gold. Those accolades tend to go to the offensive stars.

So while it takes all kinds to tend net, it takes something a little extra to play in a tournament like this. Ingram developed his devil-may-care philosophy playing with his older brothers: Bryce, Mark and Keeran.

"Usually Bryce would have one or two friends over if Mom and Dad were gone," said Ingram. "There would be wrestling matches. It would get pretty heated."

But once it turned to ministicks, there were rules:

"Our goal was the fireplace, covered by a screen. And it had tile base, and on either side were windows covered by venetian blinds," said Ingram. "If you hit the screen, or hit the tile, it was a goal. If you hit Mom's venetian blinds, it's a penalty shot. Don't put holes in the wall. Eat your Kraft dinner."

Connor didn't play net on the ice until he was 12, but it's worked out, at least this far. He was drafted in June in the third round by the Tampa Bay Lightning.

Hart, drafted in the second round by the Philadelphia Flyers, started in net younger.

"Originally, I was a forward because I wanted to be like my dad," said Hart. "Then I strapped on the pads one game — our novice goalie got hurt. I didn't do very well, but I liked it a lot more than scoring the goals.

"The next year, my parents asked if I wanted to be a goalie or a forward. I said I wanted to be a goalie. My dad is like, 'Oh no.' But I liked it a lot more than being a forward."

Hart came into the world juniors with the expectation of being Canada's top goalie, but Ingram appears to have taken the job.

They split the first two games: Hart won his two, against Russia and Slovakia, allowing five goals. Ingram was 1-1, allowing only three goals. He shut out Latvia (which managed just six shots) and allowed three in a 3-1 loss to the Americans.

TORSTAR NEWS SERVICE

> **It's a daily decision for us, who is going to play. We want to evaluate our guys every day.**
> Coach Dominique Ducharme

ON MONDAY

QUARTER-FINALS
Russia 4, Denmark 0
Sweden 8, Slovakia 3
U.S. 3, Switzerland 2
Canada-Czech Rep.*

RELEGATION ROUND
Finland 2, Latvia 1

*Monday's late game

IN BRIEF

Coach Kubiak steps away from Denver sidelines

Denver Broncos coach Gary Kubiak stepped down from his dream job on Monday because of health concerns, saying "the demands of the job are no longer a good fit for me."

Kubiak missed a week of work in October after suffering a complex migraine, his second health scare in three years.

Kubiak went 24-11, including a victory in Super Bowl 50, but a 9-7 finish this season kept the Broncos out of the playoffs. THE ASSOCIATED PRESS

Duke's Coach K slated for time off after back surgery

Hall of Fame Duke basketball coach Mike Krzyzewski is stepping away from the team to have lower back surgery.

The school announced Monday that the procedure is scheduled for Friday, with an anticipated recovery time of four weeks. Krzyzewski, 69, will coach Wednesday night's game against Georgia Tech before handing off to associate head coach Jeff Capel. THE ASSOCIATED PRESS

Trojans conquer Penn State with late rally

Matt Boermeester kicked a 46-yard field goal as time expired, and No. 9 Southern California rallied from a 14-point deficit in the fourth quarter for a spectacular 52-49 victory over No. 5 Penn State on Monday night in the highest-scoring Rose Bowl ever played.

Freshman Sam Darnold passed for 453 yards and five touchdowns in leading the jaw-dropping comeback. THE ASSOCIATED PRESS

Tarasenko's Blues top Chicago in open air

Vladimir Tarasenko looked quite comfortable at Busch Stadium. It turns out his wicked wrist shot works outside, too.

Tarasenko scored two goals in the third period, Jake Allen stopped 22 shots and the St. Louis Blues beat the Chicago Blackhawks 4-1 in the Winter Classic on Monday at the longtime home of baseball's St. Louis Cardinals. THE ASSOCIATED PRESS

AROUND THE NHL

Even-strength boom

Brandon Saad GETTY IMAGES

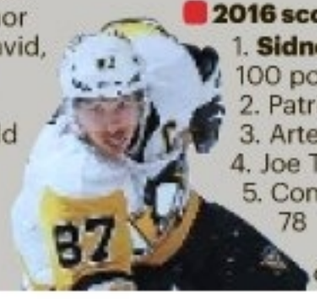
The NHL's current leader in even-strength points? Not Sidney Crosby, Evgeni Malkin or even Connor McDavid, but Columbus Blue Jackets' 24-year-old winger Brandon Saad, who has 31 such points in 35 games this season.

Columbus keeps trucking

Columbus extended its shocking win streak to 15 games over the weekend, ending Minnesota's equally surprising 12-game run.

2016 scoring leaders

1. **Sidney Crosby**: 100 points
2. Patrick Kane: 87
3. Artemi Panarin: 81
4. Joe Thornton: 80
5. Connor McDavid: 78



GETTY IMAGES

WINNIPEG JETS

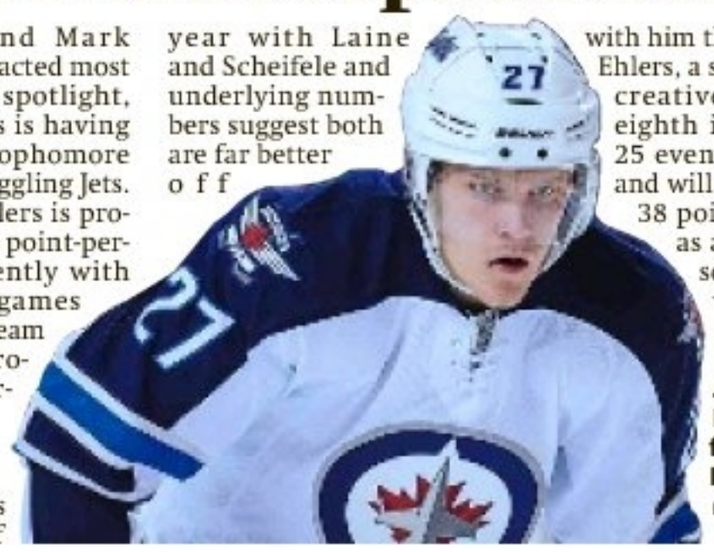
Ehlers makes sophomore leap

Patrik Laine and Mark Scheifele have attracted most of the Winnipeg spotlight, but Nikolaj Ehlers is having a pretty special sophomore season for the struggling Jets.

Still just 20, Ehlers is producing at nearly a point-per-game pace, currently with 31 points in 39 games while leading his team in five-on-five production on a per-minute basis.

The ninth overall pick of the 2015 draft has played much of year with Laine and Scheifele and underlying numbers suggest both are far better o f f with him than without him.

Ehlers, a speedy, shifty and creative winger ranks eighth in the NHL with 25 even-strength points and will soon surpass the 38 points he managed as a rookie last season. THE CANADIAN PRESS



Jets forward Nikolaj Ehlers is from Aalborg, Denmark. DEREK LEUNG/GETTY IMAGES

MAKE IT TONIGHT

Spicy Curried Pumpkin Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've packed this soup with vitamin-rich pumpkin, spices and creamy coconut milk.

Ready in 40 minutes
Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 x 14 oz. pumpkin purée (not pie filling!)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 x 14 oz. coconut milk (Try lite for all the flavour and less fat)

Directions

1. Warm olive oil in a large pot over medium heat. Add onions and garlic until they soften. Now add spices and let cook a few minutes. Keep stirring so they don't start to stick to the bottom of your pot.

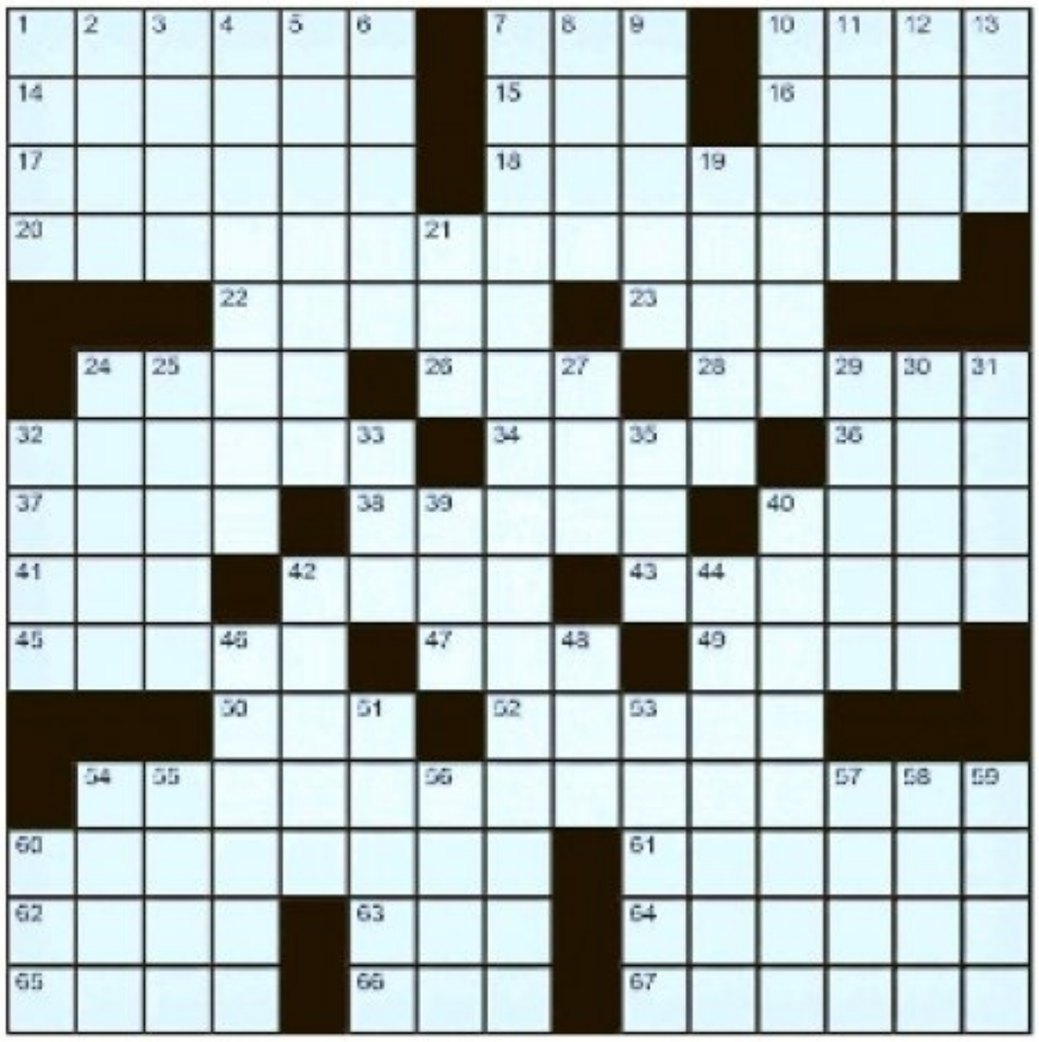
2. Empty pumpkin purée into the pot and give it a mix with the onions and spices. Now add stock, water and coconut milk. Let simmer about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting into the blender in batches to purée or just giving a whiz with a submersion blender. Warm again and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Lorraine of "Rizzoli & Isles"
7. And so forth [abbr.]
10. Niagara-on-the-Lake theatre festival
14. Lucy Maud Montgomery's gig
15. Bucharest money
16. Skier's one-of-two
17. Trickiest
18. Town in central Alberta
20. Taking the stairs instead of the escalator when possible, having an apple instead of apple pie, etc.: 2 wds.
22. Anteater's nozzle
23. Traveller's way, briefly
24. Vintage arcade game, __-Ball
26. "Hello" singer's initials-sharers
28. No __ Salt (Food label info)
32. Shaped like a box
34. 'Alphabet' suffix
36. Cubed food flavouring brand
37. Some sea birds
38. Desi Arnaz's actress daughter
40. Montreal 'honey'
41. "House" actor Mr. Penn
42. Prince Charles, some day
43. Putter's positioning
45. Playwright's production place
47. Match
49. Down Under boots
50. Tolkien creature
52. Dick __ Jr. (Canadian broadcasting legend)
54. They're quite helpful in making Resolutions turn into realities: 2 wds.
60. 'Canada's Victorian Oil Town', located in southern Ontario near Sarnia
61. Figure of speech
62. Shield border
63. Person in command [abbr.]
64. Capital of Kansas
65. Podium
66. French language possessive
67. "__ House" (1978)

DOWN
1. Big party
2. Sporting guideline
3. "Right back __ __!" (Same to you!)
4. Bill and Hillary's daughter's namesakes
5. Kevin of "Field of Dreams" (1989)
6. Prefix to 'dontist' (Teeth specialist)
7. Instruments in Randy Bachman's collection: 2 wds.
8. High-__ (Electronically advanced)
9. "My Fair Lady" (1964) director George
10. Made the recipe 'hot'
11. Digger's creation
12. Shakespeare play title-starter
13. Mini
19. St. __ (District of Winnipeg)
21. Montreal airport code
24. Gym movement for legs
25. "__, Fran and Ollie"
27. Biology, e.g.
29. Faring
30. Business bigwigs, briefly
31. Chiquita's competitor
32. __ Fifth Avenue
33. Inventor Mr. Whitney
35. Ancient bronze money
39. Cologne conjunction
40. Hawaii-set crime/action show of '80 to '88: 2 wds.
42. The Way of the Sword
44. Collegiate cost
46. Styles
48. 'Bit' of breakfast
51. Driving costs
53. Panorama
54. Michael of "Juno" (2007)
55. Mythical Hun king
56. Military assistant
57. Carpe __! (Seize the day!)
58. Betty White's "Hot in Cleveland" character
59. Sigil
60. Pocket-full-of-peas

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to wrap up old business with bosses, parents and VIPs. In fact, you will be surprised at how quickly this can be done.

Taurus April 21 - May 21
You will be pleased to know how fast you can finish school papers or writing projects. That's because it's the perfect day to "finish" things.

Gemini May 22 - June 21
During a discussion with others, you can wrap up loose details about taxes, debt, insurance issues, shared property and inheritances. It's a good day to get these things done.

Cancer June 22 - July 23
Conversations with partners and close friends will be pleasant and practical at the same time today. Fortunately, all parties are interested in getting things done.

Leo July 24 - Aug. 23
You can expect to be involved with your job in a hands-on way today. Roll up your sleeves and dig in, because once you make the effort, you will be pleased with the results.

Virgo Aug. 24 - Sept. 23
If you write, act, teach or work in the arts, you will be creative today. You will see how to present things in the most attractive way possible.

Libra Sept. 24 - Oct. 23
Family discussions, especially about home repairs or practical matters, will go well today. People are friendly and co-operative. What more could you want?

Scorpio Oct. 24 - Nov. 22
This is a strong day for writers, actors and teachers, as well as sales and marketing professionals, because your speech will be charming.

Sagittarius Nov. 23 - Dec. 21
Business and commerce are favored today, which is why you should respect your money-making ideas. If out shopping, you will want to buy beautiful things for yourself and loved ones.

Capricorn Dec. 22 - Jan. 20
You might run into someone from your past today. If so, the conversation will be pleasant, although a bit superficial. This is not surprising, is it?

Aquarius Jan. 21 - Feb. 19
Someone younger might have bright ideas about how to boost your income or spend your money on a meaningful purchase. It never hurts to listen, does it?

Pisces
Feb. 20 - March 20
A conversation with a boss or parent will go well today. People want to help you, and you are ready to say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	9	3	1			7		
2				7			4	
4		7						1
5				1				
	7						6	
				6				8
3						9		2
	6			2				3
		4			3	5	7	

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2	3	5	4	9	6	7	1	8
9	7	1	5	3	8	6	2	4
6	4	8	2	1	7	3	5	9
8	2	6	3	5	4	9	7	1
7	1	4	9	6	2	8	3	5
3	5	9	8	7	1	2	4	6
1	6	3	7	8	5	4	9	2
5	9	2	6	4	3	1	8	7
4	8	7	1	2	9	5	6	3

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